

Girl You Would Like To Be

BY KATHERINE MORTON.

"Defying March Winds"



Cold Ankles Cause a Blushing Nose.

Preparing the Powder That Won't Come Off.

If there is anything in the world I despise it is the March wind. It blows my hair out of curl, makes my skin look ugly and mottled, not to mention its devastating influence on my temper. This is the usual complaint of the would-be beauty, for certainly March is a most trying month for her, with its sudden changes of temperature, its sunny days and cold winds that tempt one first to wear summer underwear and then to regret it, and bundle up again in all the flannels of winter. March weather brings with it samples of every form of worry which the beauty seeker combats throughout the year. There are March freckles, March tan, red noses due to the March wind, and the same element causes lovely women to wish she could emulate the dear old Greeks and Romans. To quote Miss Blimber, "Never go out without a wig whose every hair is warranted to stay put." It is always about March that the woman who is not inclined to be particularly vain begins to fret about her hair. Her vain sister finds her hair a steady source of worry the year round. In the early spring brown hair looks lifeless, drab hair seems particularly dark, and the glints are gone from the locks of what may be called the "medium blonde." Often this dull look is caused by lack of nourishment in the hair, due in turn to poor circulation of the blood in the skin of the scalp. Sometimes the hair looks lifeless or dry, while the roots of the hair are far too oily. Again the hair is lusterless by reason of the dust the March wind blows upon it. Extreme care must be given the hair during this first spring month. In cases where the hair is very oily it should be washed once in every ten days, but never with a very strong of borax or soda, are all too strong to shampoo. Sels of tartar, quantities apply to the hair oftener than once in

six weeks. Both will lighten the hair and make it very dry and brittle. Where the scalp shows a tendency to dandruff this egg shampoo is cleansing. Take the yolk of one egg, one pint of hot rain water, one ounce of spirits of rosemary. Beat the mixture up thoroughly and use it warm, rubbing it well into the skin of the scalp. Great attention should be paid to rinsing the hair as the odor of egg is most unpleasant should any be allowed to remain on it. This shampoo can be used whenever it is necessary to wash the hair. For a person whose hair is much exposed to the dusty winds, the simplest shampoo is the best. This consists of a cake of castile soap shaved or cut into bits and boiled with a quart of water until it forms a jelly. Melt with this a piece of borax the size of an almond. Put this jelly away in jars. Use freely on the hair with plenty of warm water. Brown hair that has lost its glossy look is most unbecoming, but when that shiny look is restored it needs nothing else to enhance its beauty. A good brillianine, the kind to be found at a first-class hairdresser's, is usually recommended to make the hair glossy, but truth to tell there is more reliable polish to be obtained from the purest olive oil. Drop a very little of the oil on the palm of the hands and smooth it over the hair, over the ends of the hair particularly. Hair is made to shine and glow like finely polished wood, and it is merely a matter of care in both cases. When the March winds are blowing furiously the cautious girl dons two face veils at least—a wide meshed one tied firmly around the face and hat, and the long chiffon flirtation veil, which serves to shield her complexion from the effects of the weather. March wind and March sun both harm the skin, which in this month seem most

sensitive to the constant changes in the temperature. There is no infallible rule which will answer for the preservation of every woman's skin, so each one must be guided by her own particular needs. There are, for instance, skins which have a tendency to dry on exposure to the wind; as a result the face becomes irritated and sore. A very delicate skin like this requires particular treatment, and, though the skin must be kept scrupulously clean, even the blandest soap is not to be recommended. Instead of this, a soap paste is used. Any woman can make this at home after this formula: Strained honey 50 grammes White soap, shaved in thin strips, any of the floating soaps will do 40 grammes Tincture of benzoin 10 grammes White wax 30 grammes Storax 10 grammes Melt the soap, honey and white wax and mix, then add the benzoin and storax. Use instead of soap to wash the face before retiring. After using the soap paste, this cucumber cream should be applied and allowed to remain on all night. Vaseline 10 ounces Lanoline anhydrous 5 ounces Tincture of benzoin 1 ounce Cucumber juice, freshly expressed and strained through absorbent cotton 10 ounces Mix the vaseline and lanoline, incorporate the tincture and lastly the juice. If the wind makes the skin feel drawn and dry a rose lotion may be applied to it during the day. The rose lotion consists of: 100 grammes of rose water. 15 grammes of milk and sweet almonds. 4 grammes of milk and bitter almonds. When the first warm weather gives the skin that disagreeably oily look a

milk vinegar diluted with a little water and applied night and morning is efficacious. Take of alcohol 15 grammes. Tincture of benzoin, 15 grammes. Strong white wine vinegar, 15 grammes. Mix and let stand for a week, then press through filtering paper. March winds bring forth a crop of blushing noses which cause their owners much annoyance. The secret of this glow is to be found in the low shoes and thin stockings which are worn to greet the first spring sunshine. Don't shed garters too early, and if you insist on wearing the latest thing in openwork hose, be sure and give your chilly ankles a good rubbing on the instant that the signal of distress mounts to the nose its rose colored glow. When one's complexion gets that mottled red and whitelook all the face powder in the world is useless to cover it. Under these circumstances it is better to prepare and use a liquid powder, being careful to apply it with a soft bit of linen or a fine sponge, and wipe it off at once before it dries. The powder is made of water, previously boiled and strained. 1 quart water. 30 drops alcohol. 1 ounce oxide of zinc. 8 grains bichloride of mercury. 20 drops glycerin. Take four ounces of water and heat to a boiling point. Dissolve the bichloride of mercury in this hot water, add the alcohol. Mix the zinc and glycerin together in a bowl, pour in the larger part of the quart of water, stir, then add the diluted bichloride of mercury and alcohol. Bottle and shake well before using. Don't forget to wipe the liquid off before it dries or it will appear streaky.

March weather calls the thin-skinned girl's attention to her unfortunate habit of tanning and freckling. She begins her summer campaign early and starts to lighten the tan as soon as it shows itself. Where it agrees with the skin lemon juice will keep freckles in abeyance, particularly if used with pulverized borax. Take 15 grains of pulverized borax, dissolve in one and a quarter ounces of lemon juice. Apply this at night, after the face has been thoroughly washed. Nothing so destroys a woman's looks and her personal charm as a chronic cold in the head. I doubt if either Helen or Cleopatra were captivated under these circumstances, and undoubtedly when they caught colds they sought the seclusion which was easier to find than now. A cold in the head means obstructed and inflamed nasal passages. This condition can be remedied, and many a cold due to March winds has been cured by exercising the nostrils. Open the window, be sure that you are warmly clad. Close one nostril by pressing it with the forefinger. Now sniff in the air through the other. If it is entirely clogged, distend and contract it by pure muscular effort. Soon a slight relief will be felt, and with patience both nostrils will be cleared. March is generally regarded as house-cleaning month, a month of preparation. In fact, for the real enjoyment of spring. It is a month of experiment for the beauty seeker, too, who comes through it forearmed, and ready to prove that she can successfully combat even the most inclement weather, which, indeed, leaves her only the more beautiful and more experienced in the secrets which help to make her lovely.

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WHAT IT COSTS TO LIVE

BY MARGARET E. SANGSTER.

A young fellow just out of college met me one day and with a disgusted expression inquired whether I knew Mr. Blank, a poet whose name was household words. I replied that I had that honor, adding that I appreciated very much the privilege of Mr. Blank's friendship. "Yesterday," said the lad, with a gloomy look on his handsome face, "I showed the price of a poem. Think of that! Think of bringing poetry down to the level of coal bills and furnaces!" "Mr. Blank is most fortunate," I said. "It is not every poet who can afford the cost of living by poetic dreams, nor is poetry often so remunerative that it can offset tons of coal."

We parted, the young fellow and I, unable to agree with one another, but I fancy a few years later when he shall have become a sober, plodding, professional man, with a family to support, he will understand the situation better. By some honest means coal and groceries must be paid for, and the cost of living must be taken into account whether people earn their money by one form of labor or another. From the president in the White House to the Italian workman digging trenches we all live, if we are decent and dignified, as they belong to our labor. A small contingent, not to be envied, loaf around Europe and America, existing in idleness on the money hard-working fathers and grandfathers earned. But we do not take them into account, as they belong distinctly to the unproductive class. Most of us are producers, and as producers are directly interested in the cost of living.

The proposition resolves itself into

roof or a damp cellar, and that there shall be in its sufficient room to accommodate the family. These are the essentials. Other matters may take care of themselves.

The Item of Clothing.

A man who goes daily to business must be comfortably clothed for his work, well shod and provided with outer garments that enable him to appear thoroughly respectable among his associates. A good deal of success may depend on the appearance a man makes when going to and from the place of his work. A man whose dress is obviously shabby and threadbare is discounted unless being a millionaire he can afford to look as poor as poverty. In ordinary circumstances the man of the house must be well dressed, but ready-made clothing of good quality even in our extravagant country may be purchased for cash at a fair price. Granted that a good cut and good material are selected and adequate care taken of the garments a man need not be troubled overmuch about the cost of his clothes. Wife and children are well dressed or badly dressed, not according to the amount of money spent, but according to the taste, skill and economy of the mistress of the house. It is rather amusing to compare notes on this subject. Mrs. A. will dress four children very comfortably on the same sum that Mrs. B. spends on two, but the first is a good manager, and the second has little foresight and mania. The thrifty housewife has the thriftest maid into the garbage pail. The average maid despises small economies, but this is no reason why she should not be taught to practice them. The cost of living in a thousand homes might annually be diminished by a tenth without a single person in the household incurring the slightest self-denial.

In a thousand homes, too, more careful buying and more careful saving would result in a gratifying sum in the bank at the end of each twelve-month. If the cost of living is higher than it once was, we must remember that the wage-rate is also higher and that the country is not in the

least impoverished, but, on the contrary, exceedingly well-to-do. We may share its prosperity if as individuals we look out for waste.

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CURRENT TIME TABLE.

In Effect Dec. 10th, 1905.

LEAVE SALT LAKE CITY.

No. 11 for Ogden	10:25 A.M.
No. 6 for Denver and East	10:35 A.M.
No. 2 for Denver and East	10:50 P.M.
No. 4 for Ogden and West	11:00 P.M.
No. 13 for Ogden and local points	6:05 P.M.
No. 10 for Heber, Provo and Marysville	5:00 A.M.
No. 8 for Provo and Eureka	5:00 P.M.
No. 3 for Ogden and West	11:10 P.M.
No. 1 for Ogden and West	11:35 P.M.
No. 5 for Ogden and West	10:35 A.M.
No. 102 for Park City	8:15 A.M.
No. 112 for Bingham	8:10 A.M.
No. 114 for Bingham	8:00 P.M.

ARRIVE SALT LAKE CITY.

No. 12 from Ogden and local points	9:50 A.M.
No. 8 from Denver and East	10:25 A.M.
No. 1 from Denver and East	11:35 P.M.
No. 5 from Denver and East	11:00 P.M.
No. 9 from Heber, Provo and Marysville	4:00 P.M.
No. 6 from Ogden and West	4:40 A.M.
No. 14 from Ogden	4:40 P.M.
No. 2 from Ogden and West	4:40 P.M.
No. 4 from Ogden and West	4:40 P.M.
No. 1 from Eureka and Provo	5:15 P.M.
No. 103 for Park City	8:15 A.M.
No. 113 from Bingham	10:50 A.M.
No. 115 from Bingham	6:40 P.M.

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CURRENT TIME TABLE.

Depart Daily.

No. 7 Los Angeles Limited	4:45 P.M.
No. 1 Los Angeles Express	12:01 A.M.
No. 51 For Stockton and Tinto	7:45 A.M.
No. 62 For Nephth and Sanpete Valley	8:00 A.M.
No. 33 For Garfield	11:30 A.M.
No. 54 For Nephth and Sanpete Valley	1:30 P.M.
No. 61 For Nephth and Sanpete Valley	1:30 P.M.
No. 64 From Nephth and Sanpete Valley	5:00 P.M.
No. 52 From Tinto and Stockton	6:00 P.M.

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Time Table

IN EFFECT
FEB. 18, 1906.

ARRIVE.

No. 4-From Ogden, Chicago, Omaha, St. Louis, Kansas City and Denver	5:15 a.m.
No. 6-From Ogden, Portland, Butte, and San Francisco	8:30 a.m.
No. 4-From Ogden and intermediate points	9:30 a.m.
No. 12-From Ogden, Cache Valley and intermediate points	11:45 a.m.
No. 15-From Chicago, Omaha, Ogden and intermediate points	4:25 p.m.
No. 2-From Ogden, Chicago, Omaha, Denver and San Francisco	5:15 p.m.
No. 10-From Ogden, Cache Valley, Butte, Portland and San Francisco	7:35 p.m.

DEPART.

No. 6-For Ogden, Chicago, Omaha, St. Louis, Kansas City and Denver	7:10 a.m.
No. 4-For Ogden, Portland, Butte, and San Francisco	10:30 a.m.
No. 1-For Ogden, Omaha, Chicago, Denver, Kansas City, St. Louis and San Francisco	1:30 p.m.
No. 11-For Ogden, Cache Valley and intermediate points	4:35 p.m.
No. 41-For Ogden, Omaha, Chicago and intermediate points	5:55 p.m.
No. 3-For Ogden, Denver, Kansas City and Omaha	6:05 p.m.
No. 3-For Ogden, Cache Valley, Butte, Helena, Portland, San Francisco and intermediate points	11:45 p.m.

D. E. BURLEY, P. A.
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Note.—The train numbers shown above are Oregon Short Line train numbers and do not apply to the Southern Pacific west of Ogden, or the Union Pacific east thereof.

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Time table in effect Nov. 3, 1905.
LEAVE SALT LAKE,
6:30, 11 a.m., 2:40, 6:30 p.m.
7:30, 12 m., 3:30, 7:30 p.m.

If It Happens It's In The Herald.